

Full Report (All Nutrients) 01154, Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Report Date: July 09, 2017 12:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g
Proximates						
Water	g	3.16	--	--	0.95	3.79
Energy	kcal	362	--	--	109	434
Energy	kJ	1516	--	--	455	1819
Protein	g	36.16	--	--	10.85	43.39
Total lipid (fat)	g	0.77	--	--	0.23	0.92
Ash	g	7.93	--	--	2.38	9.52
Carbohydrate, by difference	g	51.98	--	--	15.59	62.38
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	51.98	--	--	15.59	62.38
Minerals						
Calcium, Ca	mg	1257	--	--	377	1508
Iron, Fe	mg	0.32	--	--	0.10	0.38
Magnesium, Mg	mg	110	9	3.072	33	132
Phosphorus, P	mg	968	--	--	290	1162
Potassium, K	mg	1794	--	--	538	2153
Sodium, Na	mg	535	--	--	160	642
Zinc, Zn	mg	4.08	7	0.108	1.22	4.90
Copper, Cu	mg	0.041	--	--	0.012	0.049
Manganese, Mn	mg	0.020	--	--	0.006	0.024
Selenium, Se	µg	27.3	9	2.950	8.2	32.8
Vitamins						
Vitamin C, total ascorbic acid	mg	6.8	--	--	2.0	8.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g
Thiamin	mg	0.415	--	--	0.124	0.498
Riboflavin	mg	1.550	--	--	0.465	1.860
Niacin	mg	0.951	--	--	0.285	1.141
Pantothenic acid	mg	3.568	16	0.075	1.070	4.282
Vitamin B-6	mg	0.361	28	0.015	0.108	0.433
Folate, total	µg	50	--	--	15	60
Folic acid	µg	0	--	--	0	0
Folate, food	µg	50	--	--	15	60
Folate, DFE	µg	50	--	--	15	60
Choline, total	mg	169.2	--	--	50.8	203.0
Vitamin B-12	µg	4.03	15	0.348	1.21	4.84
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	653	--	--	196	784
Retinol	µg	653	--	--	196	784
Carotene, beta	µg	1	--	--	0	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2179	--	--	654	2615
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	11.0	--	--	3.3	13.2
Vitamin D3 (cholecalciferol)	µg	11.0	--	--	3.3	13.2
Vitamin D	IU	440	--	--	132	528
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.1
Lipids						
Fatty acids, total saturated	g	0.499	--	--	0.150	0.599
4:0	g	0.028	4	0.005	0.008	0.034
6:0	g	0.006	4	0.001	0.002	0.007
8:0	g	0.007	5	0.001	0.002	0.008
10:0	g	0.018	5	0.003	0.005	0.022
12:0	g	0.014	5	0.005	0.004	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g
14:0	g	0.083	5	0.005	0.025	0.100
16:0	g	0.235	5	0.010	0.070	0.282
18:0	g	0.085	5	0.003	0.026	0.102
Fatty acids, total monounsaturated	g	0.200	--	--	0.060	0.240
16:1 undifferentiated	g	0.022	5	0.002	0.007	0.026
18:1 undifferentiated	g	0.167	--	--	0.050	0.200
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	--	--	0.009	0.036
18:2 undifferentiated	g	0.019	--	--	0.006	0.023
18:3 undifferentiated	g	0.011	5	0.003	0.003	0.013
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	20	--	--	6	24
Amino Acids						
Tryptophan	g	0.510	--	--	0.153	0.612
Threonine	g	1.632	--	--	0.490	1.958
Isoleucine	g	2.188	--	--	0.656	2.626
Leucine	g	3.542	--	--	1.063	4.250
Lysine	g	2.868	--	--	0.860	3.442
Methionine	g	0.907	--	--	0.272	1.088
Cystine	g	0.334	--	--	0.100	0.401
Phenylalanine	g	1.746	--	--	0.524	2.095
Tyrosine	g	1.746	--	--	0.524	2.095
Valine	g	2.420	--	--	0.726	2.904
Arginine	g	1.309	--	--	0.393	1.571
Histidine	g	0.981	--	--	0.294	1.177
Alanine	g	1.247	--	--	0.374	1.496
Aspartic acid	g	2.743	--	--	0.823	3.292
Glutamic acid	g	7.572	--	--	2.272	9.086

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 30g	1 cup 120g
Glycine	g	0.765	--	--	0.229	0.918
Proline	g	3.503	--	--	1.051	4.204
Serine	g	1.967	--	--	0.590	2.360
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0